ክፍሊ መርመራ ራጂ

ሓበሬታ ንሕሙማት ናይ ማሞግራም ምርመራ ቆጸራ ዘለዎም

ናይ ማሞግራም ምርመራ ብዝወሓደ ዓቐን ራጂ ንናይ ጡብ ካንሰር ንምቕላዕ ዝካይድ ኮይኑ ኣብ ግዜ መርመራ ክስመዓክን ኣይክእልን እዩ፣ እዚ መርመራ እዚ 30 ደቓይቕ ይወስድ ብዙሕ ቅድመ ምድላው እውን የድልየክን እዩ።

<u>መዘኻኸሪ።</u>

1. ቅድሚ መርመራ ፓውደር ወይድማ ዲኦድራንት(ጨና ትሽትሽ ዘጥፍእ) ኣይትጠቐሚ።
2. ናይ ላዕልን ታሕትን ክዳን ተኸደኒ(ንምሳሌ ጎና ካምቻን ወይድማ ስረን ካምቻን) ምኽንያቱ ካብ ሽንጭኺ ንላዕሊ ዘሎ ክዳን ኣብ ግዜ መርመራ ስለዝወጽእ።

ማሞግራም መብዛሕትኡ ግዜ ኣየሕምምን እዩ ኣብ ጡብክን ክጠብቕ ከሎ ጥራይ ቁሩብ ጸቕጢ ይስመዓክን ይኸውን፣ ድሕሪ ናይ ማሞግራም መርመራ ምክያድክን ባዕልኽን ናይ ጡብክን ምፍላጥ ወርሓዊ መርመራ ክትገብራ ብጣዕሚ ኣድላዪ እዩ ናይ ጡብክን መርበብ ከመይ ከምዝስመዓክን ምፍላጥ ዝኾነ ልውጢ ኣብ ጡብክን ዝመፅእ ብቐሊሉ ክትፈልጣ ትኽእላ፣ኣብ ደቂ እንስትዮ ዘጋጥም ሕበጥ ብቐዳምነት ዝረኽብኦ ባዕለን ደቂኣንስዮ እየን ባዕልኽን እትገብርኦ ወርሓዊ ናይ ጡብ ምርመራ ነቲ ሕበጥ ጽኪ ዝመስል ብእዋኑ ንምርካብን ንምድህሳስን ብጣዕሚ ኣድላይነት ኣለዎ።

ኣብ ቆጸራኺ ክትርከቢ ዘይትኽእሊ እንተድኣ ኮይንኪ ኣብዚ ዝስዕብ ስልኪ__________________________ ደዊልኪ ሓብርና

ናይ ቆጸራ ዕለት__________________________

ናይ ቆጸራ ሰዓት____________________________

ኣብዚ ዝስዕብ ስልኪ ቁጽሪ ደውሊ ________________ ክትድንጉዩ ውይድማ ቆጸራ ክትቅይሪ ከምእውን ሕቶ ምስዝሕልወኪ

Department of Radiology

INFORMATION FOR PATIENTS SCHEDULED FOR A MAMMOGRAM

A mammogram is a low-dose breast x-ray that can identify breast cancers, some even too small to be felt. The exam usually takes about 30 minutes and does require some preparation.

REMEMBER:

1. Do not put on any deodorant or powder before your exam.
2. Try to wear a two-piece outfit (i.e. skirt and blouse or pants and blouse) because you will need to remove everything from the waist up.

Mammograms usually do not hurt, but it can be uncomfortable when we compress your breasts. After your mammogram, it is important to follow up with monthly breast self-exams. It is important for you to be familiar with your own breasts. After you learn how your normal breast tissue feels, you will be able to recognize a change if one occurs. Most breast lumps are first discovered by women themselves; therefore, doing monthly breast self-exam is a very important part of early detection.

If you are unable to keep your appointment, please call ______________________.
(Phone No.)

Appointment Date: ____

Appointment Time: ____

Please call __________________, if you are going to be late or need to reschedule your appointment or have any questions.